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Hinge exercises

Hinge exercises, often referred to as "hip hinge" exercises, focus on bending at the hips while keeping the spine neutral. These exercises primarily target the **posterior chain**—the muscles along the back of your body, especially the glutes, hamstrings, and spinal stabilizers[1][2].

Key Hip Hinge Exercises

- **Bodyweight Hip Hinge:** Practice by standing, keeping your back straight, soft knees, and pushing your hips back until your torso is nearly parallel to the ground, then return upright[2].
- **Kettlebell Hip Hinge:** Hold a kettlebell in front of you, and use the same hip-hinge motion to train with added resistance; this is foundational before progressing to kettlebell swings[2][1].
- **Resistance Band Hip Hinge:** Attach a band behind you for resistance and hinge forward, emphasizing core stability and proper hip movement[2][1].
- **Glute Bridge:** Performed lying down, thrust your hips upward to build glute and hamstring strength—an important beginner hinge movement[2][1].
- **Kettlebell Swing:** An advanced variation, generating power through a dynamic hip hinge that propels the kettlebell upward; excellent for power development and conditioning[2][1].
- **Barbell Hip Thrust:** Sitting against a bench with a barbell across your hips, thrust upward using your glutes[2][1].
- **Barbell Good Morning:** With a barbell on your shoulders, hinge at the hips, keeping your back straight and knees soft, then return upright[2].

Why Hip Hinge Exercises?

- **Strengthen the posterior chain**, improving muscular balance and stability[1].
- **Enhance biomechanics** for safer, more powerful lifting and athletic movements[2][1].

- **Reduce injury risk** by teaching you to hinge at the hips rather than rounding the back (as in unsafe deadlifting)[1].
- **Functional benefits** for daily activities (lifting, bending)[1].

Cues for Proper Hip Hinge Form

- Keep the spine neutral (avoid rounding or overextending).
- Push the hips back, don't just bend at the waist.
- Maintain slight knee bend—movement is mostly at the hip.
- Chest forward and up, shins mostly vertical, eyes ahead[2][3][1].

Beginner to Advanced Progression

- Just the Hinge (bodyweight)
- Kettlebell Hip Hinge
- Resistance Band Hip Hinge
- Glute Bridge
- Kettlebell Swing
- Hip Thrust (bodyweight or barbell)
- Barbell Good Morning
- Olympic Lifts (clean, snatch) as advanced applications[2][1]

Summary: Hip hinge exercises are a foundational movement pattern critical for strength, injury prevention, and general physical function, with variations ranging from beginner (bodyweight) to advanced (kettlebell swing, Olympic lifts)[2][1].

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1. https://www.fitsw.com/blog/hip-hinge-exercises/
2. https://www.garagegymreviews.com/hip-hinge-exercises
3. https://programme.app/resources/use-these-6-hip-hinge-exercises-for-seniors-to-build-technique-and-strength-at-any-age